**Meeting God in creation**

“The greatest discovery was that the heart of Celtic spirituality was simply living the life, following the Way, travelling the journey in the everyday ordinariness of life –the pain and the pleasure, the heartaches and the hopes, the disappointment and the dreams. This is of great importance because this is essentially what spirituality is.” Northumbria Community

Take a walk in the countryside, your local park or garden and look carefully at the plants and animals.

* Are there things that you have not noticed before?
* Sit for a while and notice the small details.
* You might want to look closely at the new leaves bursting into life – the ridges, colours and shapes.
* Pick up a rock and hold it in your hand, noticing the feel, cracks of smoothness, the passing of time.
* Allow the things you see and feel to fill you with awe and wonder at the God of creation.
* You might want to sit on a bench for a while and read a passage like Psalm 1.
* Try this each day, or weekly through the month notice the way things change with the season and thank God for all you are learning.